



April 2003

The Navy Region, Mid-Atlantic Public Safety, Virginia Beach Safety Storefront publishes this SafetyGram and widest dissemination within your organization as encouraged. Please post on official bulletin boards and route to your staff. Our web site at www.nasoceana.navy.mil/safety also has lots of additional information to improve your safety posture.

By sharing lessons learned, the DON prevents recurrence elsewhere, achieves continuous improvement, and becomes a learning organization.



A crew member of USS Carl Vinson (CVN 70) grinds down a bulkhead while another crew member stands by with a fire extinguisher for safety. U.S. Navy photo by Photographer's Mate 3rd Class Kerryl Cacho.

In order for safety to become an integral part of the Navy and Marine Corps work culture, accountability for safety must become a private as well as a public matter. Our Sailors, Marines, and civilian employees must truly "own it" not only for themselves, but also for their fellow Sailors, Marines, and co-workers.

Safety Culture

Well folks, springs finally here and I for one am happy to see it. Spring means getting back out in the yard, doing some much needed work around the house or apartment and doing that spring cleaning thing not only at the house but here at Oceana in my office and work center.

As I was looking at my handy NAVOSH calendar I noticed the April headline was Safety Culture so I thought it would be appropriate to pull some highlights out of ALNAV 95/02, the SECNAV's FY02 Report on Safety. He has touched on some key points that really talk about what safety culture means to us. The following excerpts were taken from ALNAV 95/02.

"LEADERSHIP AT ALL LEVELS NEED TO REKINDLE THE PASSION FOR WHICH WE ARE SO ENVIED BY OUR CIVILIAN COUNTERPARTS; "WE TAKE CARE OF OUR OWN." NEVER BEFORE HAS THIS PHRASE BEEN SO CRITICALLY IMPORTANT. OUR YOUNGER SAILORS AND MARINES, LIKE THEIR CIVILIAN PEERS, ARE FACED WITH COUNTLESS NEW AND EXCITING OPPORTUNITIES, BUT UNLIKE THEIR CIVILIAN CONTEMPORARIES, THEY HAVE THE VERY REAL POTENTIAL OF RECEIVING MUCH WISER AND MORE LEARNED MENTORING. CARING FOR YOUR PEOPLE, WHETHER YOU ARE A JUNIOR ENLISTED OR A SENIOR COMMISSIONED OFFICER DOES NOT STOP WHEN THE DAY'S WORK IS DONE. WE TAKE CARE OF OUR FAMILIES 24/7 AND WE NEED TO DO THE SAME FOR OUR EXTENDED NAVY FAMILY."

"ON 19 NOV 2002, DURING OUR FIRST ANNUAL DON SAFETY RECOGNITION CEREMONY, THE CHIEF OF NAVAL OPERATIONS STATED, "WE WANT SAFETY TO BECOME PART OF EVERYBODY'S FOCUS AND A PART OF EVERYBODY'S LIFE, AND WHEN THAT HAPPENS WE WILL DRAMATICALLY REDUCE UNNECESSARY LOSS OF LIFE - THAT IS OUR GOAL." ADMIRAL CLARK'S COMMENT ACCURATELY REITERATES MY GOAL, AND THE GOAL OF THE COMMANDANT OF THE MARINE CORPS. PRESERVING OUR MOST PRECIOUS ASSET, OUR SAILORS AND MARINES IS ONE OF OUR HIGHEST PRIORITIES. HOW IS YOUR COMMAND'S SAFETY PROGRAM?"

"DO YOU HAVE THE RIGHT PEOPLE ON YOUR TEAM? ARE THEY TRAINED AND DEDICATED? DOES YOUR CHAIN OF COMMAND SUPPORT THEM FULLY? ARE YOU TARGETING THE RIGHT PEOPLE? DO YOU SOLICIT TRAINING FEEDBACK FROM YOUR YOUNGER PERSONNEL? IS THE MESSAGE GETTING THROUGH? DO YOU KNOW HOW FAR YOUR PEOPLE ARE DRIVING OVER A LONG WEEKEND? WHEN WAS THE LAST TIME YOUR CPOS MONITORED SEAT BELT USE AS PERSONNEL LEFT THE PARKING LOT? HOW DO YOU MANAGE YOUR LEAVE APPROVAL PROCESS WHEN THE "POV" BLOCK IS CHECKED? HAVE YOU ATTENDED A RECENT PRE-BRIEF FOR A HAZARDOUS EVOLUTION WHERE THE BRIEFER DID NOT COVER HAZARD IDENTIFICATION AND RISK REDUCTION STRATEGIES?"

"DRIVE SAFE" AND "BE SAFE" ARE ANTIQUATED PHRASES THAT WHEN USED ALONE DO NOTHING BUT PAY LIP SERVICE TO A CRITICAL PROBLEM EVERY COMMAND FACES ON A DAILY BASIS. WE MUST "TRAIN SMART", "MENTOR EFFECTIVELY", "EMBRACE ORM" AND CONTINUALLY OBTAIN FEEDBACK TO ENSURE OUR SAFETY MESSAGE IS BEING HEARD."



Hazardous Material and AUL's: COMNAVREG MIDLANT Instruction 6280.1 has recently hit the streets or emails and it discusses new requirements for tenant commands and activities within the MID-LANT AOR to implement this instruction and use the local HAZMIN center to process HM requirements. IAW 6280.1 tenant commands or activities are not authorized to purchase, store or dispose of HAZMAT other than delineated in the instruction. A new "Request for Change to HM Authorized Use List (AUL)" (the form used to add new material to your AUL) will replace the current form from the safety office. Commands and activities will be responsible for maintaining their AUL's and conducting accurate inventories and utilizing the local HAZMIN Center. For a complete copy of this instruction log on to the Oceana Safety web site at <http://www.nasocceana.navy.mil/safety>.

SPRING SAFETY



It is almost spring and old man winter just might call it quits for the year. Everyone will go home and climb ladders to spruce up the exterior of their homes, examine gutters, paint and perform other tasks associated with spring-cleaning. Working around the house after being inside all winter can be very enjoyable. But thousands of injuries occur each year as a result of mishaps related to electric tools, ladders and lawnmowers. Here are some statistics:

___ On a national average, about 145,000 people make emergency room visits due to ladder mishaps each year.

___ More than 60,000 people are treated annually in hospital emergency rooms for lawnmower injuries, such as burns, dismemberment, electric shock, falls and thrown objects.

___ Another 35,000 people sustain injuries from power garden tools such as trimmers, lawn edger's and pruners. To avoid a visit to the emergency room this spring, Underwriters Laboratories Inc. would like everyone to be aware of basic safety guidelines for proper use of lawn and garden equipment, tools and ladders. For more information visit <http://www.ul.com/seasonal/spring/index.html>

CPSC, MOSA Sports Announce Recall of Bicycle Helmets



WASHINGTON, D.C.- In cooperation with the U.S. Consumer Product Safety Commission (CPSC), MOSA Sports, of Hermosa Beach, Calif., is voluntarily recalling about 1,250 "Five 40" brand bicycle helmets. These helmets fail impact testing required under CPSC's Safety Standard for Bicycle Helmets, violating the Consumer Product Safety Act. Riders wearing these helmets are not adequately protected from falls, and could suffer head injuries.

CPSC and MOSA Sports have not received any reports of injuries or incidents involving these helmets. This recall is being conducted to prevent the possibility of injuries.

The Five 40 helmets are black, white or red, and have the name "Five 40" printed on the front and back of the helmet. The "V" in the "Five" is much larger than the other letters. A label inside the helmet reads "990803" along with the model name "540." These helmets were manufactured in China.

Sporting good stores nationwide sold these helmets from October 1999 through September 2001 for about \$25.

Consumers should stop using these helmets immediately and return them to the store where purchased or MOSA Sports for a refund or free replacement helmet. For more information, consumers should contact MOSA Sports at (800) 804-0211 between 9 a.m. and 4 p.m. PT Monday through Friday.



CPSC Urges Consumers to Change Smoke Alarm Batteries When Changing Clocks for **Daylight Saving Time**

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission (CPSC) urges consumers to change their smoke alarm batteries when changing their clock for Daylight Saving Time this Sunday, April 6. CPSC estimates that about 16 million homes in the U.S. have smoke alarms that do not work. In most cases, the batteries are dead or missing.

In a recent year, nearly 2,700 people died and more than 15,000 were injured because of fires that started in their homes. These fires resulted in property losses of more than \$3.5 billion. Children are particularly vulnerable. Each year about 700 children under the age of 15 die of fire-related causes and about 400 of these deaths are to children under the age of 5 years. Most deaths occur from fires that start at night while families are asleep. Four times as many victims die from inhaling smoke and toxic gases as from burns.



Tips for the Day (Living Longer & Staying Younger)

Slim Grains - Eating plenty of whole-grain foods could help you stay slim. A recent study revealed that people who ate the most whole-grain foods tended to have lower body mass index measurements compared to people who skimped on whole-grain foods. Whole grain lovers also had lower cholesterol scores compared to people who preferred refined grains.

Bean Counting - A hill of beans may be worth a great deal to your heart. Eating four servings of beans per week may lower your risk of heart disease 22% more than eating only one serving of beans per week does. Whether you fill up on navy, pinto, black, or white beans, not only will your heart be healthier, but also you'll get a boost of potassium, calcium, magnesium, and fiber.

Watermelon Works - For protection against strokes, munch on some watermelon slices. Research shows that low potassium intake may increase the risk of stroke. In a study involving people over the age of 65, people who had low potassium intakes were 1.5 times more likely to have a stroke over the course of the study follow-up period. A medium-size wedge of watermelon provides over 330 milligrams of potassium.